



THE RILEY BUGLE CALL

January 2007

Announcements

Irwin Army Community Hospital (IACH)

- It's not too late for a Flu Shot.
Soldiers are vaccinated with their units at the SRP Site or CTMC.
- Families and Retirees: Ask your doctor/nurse at your next visit; or Call 239-7323 (Preventive Medicine) to schedule an appointment.
- DA Civilians: Call Occupational Health at 239-7042 to schedule an appointment.
- The biggest concern for our patients remains access to care, or the inability to make an appointment. If those unable to keep scheduled appointments cancel their appointment rather than "no-show", access to care improves. During the month of October 2006, there were 1,964 no-shows costing the hospital \$382,980. The provider's time is also wasted. The Patient Appointment Reminder System calls patients two days prior to their scheduled appointment and allows the option to confirm or cancel the appointment. Calls from this system are identified as "IACH Patient Reminder" on your telephone's caller ID. If you know you are unable to keep your appointment, you can use one of these other methods to cancel your appointment:
 - 239-8428 - 24 hour cancellation line
 - 239-DOCS (3627), Option 3
 - 239-7000
 - www.tricareonline.com
- Irwin Army Community Hospital has a Nurse Advice Line that is staffed by Registered Nurses who assess symptoms; provide health information regarding diseases, medical procedures, medication usage and side effects; give care advice for managing an illness or problem at home; and can also schedule an appointment. The Nurse Advice Line is available Monday through Friday from 7:30 a.m. to 7:30 p.m. and on weekends and Federal holidays from 9:00 a.m. to 5:00 p.m. The Nurse Advice Line can be reached by dialing 239-DOCS (3627) or 888-239-DOCS (3627), prompt 2. The OB/GYN Nurse Advice Line hours are 0830-1600 M-F. Patients can reach the NAL by calling 239-DOCS (3627), select OPTION 1, OPTION 2, OPTION 2.
- Preventive Medicine Services has relocated to the 5th floor of the hospital. Their telephone number is 239-7323. Occupational Health remains in the basement and can be reached at 239-7042. Preventive Medicine offers the following classes/inspections:
- Self Care Program – to help participants recognize common minor illness symptoms and implement appropriate treatment options. These classes are held every 1st & 3rd Tuesday from 10:00 a.m. – 11:00 a.m. Appointments can be made by calling 239-DOCS (3627) or 888-239-DOCS (3627).
- The following can be scheduled by calling 239-7323:
 - Child Health Assessments – well-child screening for on-post child care. These appointments are scheduled on Mondays from 8:00 a.m. to 4:00 p.m. and on Thursdays from 8:30 a.m. – 11:00 a.m.
 - Tobacco Cessation Classes.

- Children's car seat inspections – Please call 239-7323 to schedule an appointment.
- Nutrition Care Division Offers Classes. Nutrition Care Division can be contacted directly at 239-7644 to schedule an appointment. Class dates and times vary. Individual appointments are also available for Nutrition Consultations and require a referral from your primary care manager.
- The following classes do not require a referral to attend:
 - Family Member Weight Control Class - for Family Members & Retirees
 - Weight Support Group - a follow-up visit for monitoring weight loss progress
 - Weigh to Stay (Active Duty Weight Control)
 - Prenatal Nutrition Class
- The following classes require a referral from your primary care manager:
 - Heart Healthy Nutrition Class- covers Low Fat/Cholesterol, Low Sodium, and DASH dietary guidelines.
 - Diabetes Education Program (2 part class)

Fort Riley Dental Activity (DENTAC)

Directorate of Morale, Welfare, and Recreation (DMWR)

- March 24th and 25th- Great Escapes Expo "Capture your outdoor adventure today!" Come to Riley's conference center and see what attractions the surrounding communities have to offer you. This is a great opportunity to start planning your summer adventures. More information will be coming out soon. For more information please call 239-6398.

Better Opportunities for Single Soldiers (BOSS) (785) 239-8147

- The B.O.S.S. Program will be having tryouts for their 3rd Annual Fashion Show starting on February, 1st- thru 22nd every Monday, and Thursday from 7pm-8:30pm at Building 253. The show is open to all military, spouses, and civilians. Participants must be 18 years or older.
- The B.O.S.S. Program will also be having tryouts for their Talent Show starting February 6th 21st every Tuesday, and Wednesday from 7:00pm-8:30pm at Building 8067. All military, spouses and civilians are welcome to attend, but performances must be family friendly.
- B.O.S.S. will be performing Sing-A-Grams on February 12, 13 and 14 around the Junction City, Fort Riley and Manhattan communities. If you want to express your love for someone or just embarrass a friend, call 239-5614.
- For more information about BOSS contact the BOSS President at 239-8147.

Outdoor Recreation Center (ODR), Bldg 9011 (785)239-2363/6368

- Hours of Operation
Tue thru Fri: 9a.m.-5p.m; Sat: 8a.m.-5p.m.
Sun, Mon: CLOSED
- New Rental Items: For cutting wood this winter we have a Log Splitter that rents for \$29 per day or \$45 per weekend and for hauling a vehicle home or to the shop we have an 18' Utility Trailer that rents for \$37 per day or \$59 a weekend. The utility trailer requires a 2 5/16" ball and a 7-pin wire connector. To tow this trailer you must have a full size frame vehicle (no SUV or small truck; i.e., S-10 or ranger).
- RV Lot: Outdoor Recreation Center has taken over the RV Lot from Housing. Patrons having recreational vehicles and boats in this lot need to register them at ODR. A monthly fee for vehicles up to 30 feet is \$16.00 and a vehicle over 30 feet is \$32. Patrons will pay fees in six (6) month increments. There are no refunds for partial monthly user fees. Once the lot is filled we will be putting names on a waiting list. Priority assignment will begin with the Active Duty in housing and single soldiers in the barracks.

- **Educational Classes:** Learn about the animals and plants found in Kansas. The first class is "Kansas Mammals". This class will be on 9 Feb 07 from 1:30-2:30p.m. at the Outdoor Recreation Classroom. The class will be presented by Milford Nature Center. The class will teach you the basics about mammals that live in Kansas. Live animals and skins will be on hand for this class. The second class is "Hazardous Animals and Plants on Fort Riley". This class will be on Feb 24, 2007 from 10:00-11:00a.m. at the Conservation Classroom, Building 1020, Huebner Road. Learn about the hazardous plants and animals found on Fort Riley. The class will feature the instructor feeding live snakes during the class time. This class is limited to 20 participants. There is no cost for both classes. Please reserve a spot for these classes by calling Outdoor Recreation at 239-2363/6368.
- **Enclosed Utility or Open Utility Trailer:** Need to move on or off post or to take items to your home of record? Rent our enclosed 6x12 utility trailer for \$25 per day or \$40 a weekend or rent our open utility trailer (6x12) for \$12 a day or \$20 a weekend.

Soldier and Family Support Center (SFSC) (785) 239-9435.

- **Army Family Team Building (AFTB) –**
 - If you are new to the Fort Riley area and are interested in learning about resources that are available to you or find that everyone seems to be speaking another language that sounds more like alphabet soup than words, then you could benefit from the Army Family Team Building (AFTB) Level One classes.
 - Level One, Two and Three classes are offered at the Armed Services YMCA in Junction City on designated Fridays 11:30-2:30 with free childcare on site. You must contact the AFTB Program Manager to pre-register your children. The dates of upcoming classes are 26 January, 9 and 23 February, 2 and 16 March 2007. For more information or to speak to the Program Manager please call 239-9435.
 - If you, your unit/battalion, Family Readiness Group or other group would like to schedule separate Level I, II or III classes, please contact the Program Manager. These classes can be held at your location or at the Soldier and Family Support Center (room permitting). There is a minimum of five people required to hold a class and two weeks notice is needed for planning.
- **Army Volunteer Corp (AVC)**
 - Volunteers are *always needed and welcome*. If you are tired of sitting around the house and would like to contribute to our community, come on out and get involved, volunteer. We have a variety of opportunities to gain job experience, training, learn a new vocation and gain job skills. You can contact the Army Volunteer Coordinator for more information by calling 239-9435 or by stopping by building 7264.
 - Please submit volunteer hours to the Installation Volunteer Coordinator at Building 7264. You can mail, e-mail site2665@riley.army.mil or drop off volunteer hours at Soldier and Family Support Center, Building 7264, Fort Riley, Kansas 66442.
- **Exceptional Family Member Program (EFMP)**
 - Oh!Oh!, Baby It's Your Day!! - Open to all military families who have children from birth to Kindergarten. Services offered will be Ages & Stages Assessment, Vision and Hearing. Each month an education theme will be offered. Each assessment will meet at Army Community Service, in the Soldier Family Support Center, Bldg 7264. Screening dates will be:
 - February 28 2:00 pm to 5:30pm
 - March 28 2:00 pm to 5:30pm
 - April 25 2:00 pm to 5:30pm
 - June 12 9:00am to 11:30pm
 - June 13 2:00pm to 5:30 pm
 - September 12 2:00 pm to 5:30pm
 - October 10 2:00 pm to 5:30pm
 - November 14 2:00 pm to 5:30pm
 - December 12 2:00 pm to 5:30pm

- For more information call EFMP or NPSP at 239-9435, or email site2665@riley.army.mil or contact Geary County Infant Toddler Services 762-7859.

Child and Youth Services (CYS) (785) 239-4920

Parent to Parent Program

- The Parent to Parent program offers a variety of quick, customized workshops designed to give parents the skills and tools necessary to make smooth transitions, get organized, and help prepare their children for academic success. The following workshops are open to the public:
 - Jan 25th - *Manhattan Public Library* (4:00 pm)
 - Successful Parent/Teacher Conferences
 - Getting the Most Out of Homework
 - Jan. 31st – *Manhattan Public Library* (1:30 pm)
 - Math & Science Activities for the Little Ones
 - The Road to Literacy
 - Feb. 6th – *Dorothy Bramlage Public Library in Junction City* (2:00 pm)
 - The Road to Literacy
 - Feb. 13th – *Dorothy Bramlage Public Library in Junction City* (10:00 am)
 - Math & Science Activities for the Little Ones
- Workshops can be scheduled for any time of day at any location. Here are some other topics that are offered:
 - Preparing Your Child for School
 - Chart Your Course- Preparing your Child for College (for middle and high school students and parents)
 - The College Application Process
 - The Financial Aid Process
 - Understanding the Military Child
 - Getting Organized – The Importance of Academic Portfolios
 - Keeping the Connection – Keeping the Deployed Spouse Involved in Your Childs' Education
 - Please contact the Parent to Parent team at 226-9164 or at rileyparent2parent@yahoo.com to schedule a workshop.

Directorate of Education

Fort Riley College/Vocational Scholarship Applications are Now Available:

- The Fort Riley Combined Scholarship Committee offers undergraduate college and vocational school scholarships to Fort Riley affiliated high school seniors, current college/vocational students, and spouses of active, retired, or deceased military member(s). FRCSC was created to facilitate and centralize the process of applying for educational scholarships offered by various organizations on Fort Riley and the surrounding community. Instead of having students apply for each organization's scholarship, the FRCSC receives scholarship monies from the organizations and conducts one application and selection process. In 2006, the FRCSC received \$10,305 in contributions and distributed scholarships to thirteen students, including five high school seniors, three spouses, and five college students.
- Applications are now available through the local high schools, online at www.riley.army.mil, or can be emailed to you by requesting an application to fortrileyscholarship@hotmail.com. Deadline for applications is March 10, 2007.

Installation Chapel Office

- A Walk Thru The Bible (Old Testament) Seminar is scheduled for Saturday, Feb. 3, 9 a.m. - 4 p.m., Main Post Chapel, 6 Barry Ave. This seminar, presented by the Chaplain and is for

adults and children ages ten and older. One work book will be provided to each family attending. To register, or for more information, call 239-0979. If registering a child include the age. If registered before Jan. 29, a free lunch will be provided. Free childcare available for ages six weeks to five years old.

- “Gotta Keep Walkin’ ”, a music-filled testimonial concert is being given and is scheduled for Tuesday, Feb. 20, 9 a.m., Morris Hill Chapel. Fort Riley’s Protestant Women of the Chapel are sponsoring this special event. Childcare for children from birth to pre-school will be provided.
- This year’s National Prayer Luncheon, will be Wednesday, Feb. 21, 11:15 a.m. - 1:00 p.m., Riley’s Conference Center. The Luncheon is open to the Installation’s military and their family members, civilian and contract workers. Suggested donation to cover the cost of the meal is \$6.00, payable at the door. The serving line will open at 11:15 with the program scheduled to begin at 12:00. For additional information, call 239-3359.
- Feb. 21 Ash Wednesday Services are being planned by the Ft. Riley Catholic and Lutheran chaplains. Watch the Sunday bulletins for times and locations.
- Child Care Providers Needed - The Installation Chaplain's Office is looking for qualified individuals to provide child care for various chapel sponsored events. Qualifications: must be at least 18 yrs old, CPR certified (will train), and must pass a state background check (free). Flexible hours. If interested call 239-3557.
- PWOC Bible Studies at Morris Hill Chapel, 5315 Jackson St. This year’s theme is “Unity -- To Let the World Know”. The spring semester began Jan. 9. Bible study hours are Tuesday, 9 -11:30 a.m. Choice of studies: Come Thirsty (Max Lucado); Spiritual Leadership (H. & R. Blackaby); Healing for Damaged Emotions (David Seamons); Lies Women Believe (N. L. DeMoss); How to Study Your Bible (Kay Arthur); Hope for the Home Front (M. Waddell) and the Thursday evening group, 7 - 8:30 p.m., Confident Women (Joyce Meyer). Child care for children birth to pre-school is provided. A home-school room is available, also. For additional information, call 238-4351.
- Military Council of Catholic Women (MCCW) extend an invitation to meet with them every Wednesday at St. Mary’s Chapel, 3 Barry Ave., 9 a. m. to 12 noon. Mass is at 9 a.m. followed by fellowship and study group or a guest speaker. For the spring semester, the Adult Catholic Catechism is being studied with a focus on the sacraments. Childcare is provided to pre-school age. For additional information, call 762-6773 or 239-4815.
- CHAPEL SERVICES, times and locations:
 - Gospel - Morris Hill Chapel, 5315 Jackson St, 11a.m.
 - Lutheran - St. Mary's Chapel, 3 Barry Ave, 9 a.m.
 - Protestant - (contemporary) Kapaun Chapel, 7086 Normandy Dr, 10:30 a.m.
 - Protestant - (traditional / blended) Main Post Chapel, 6 Barry Ave, 10:30 a.m.
 - Roman Catholic- Sunday: Morris Hill Chapel, 9 a.m.
 Sunday: St. Mary's Chapel, 11 a.m.
 Monday, Tuesday, and Thursday: Irwin Army Community Hospital Chapel, 600 Huebner Rd., second floor, 12 noon
 Wednesday: St. Mary's Chapel, 9 a.m.
 Saturday: St. Mary's Chapel, 4:30 p.m.
 - Higher Ground Coffeehouse meets Fridays, 8 - 10 p.m., 8067 Normandy Drive. Fellowship,
 - Bible study, worship, and entertainment are part of what happens at the Coffeehouse.
 - Protestant Field Service with weekly Holy Communion, Sunday, 9 a.m., Camp Funston (aka Camp Victory), Building 1981 Conference Room.
 - Note: Normandy Chapel remains under renovation.
 - Jewish Information: Manhattan Jewish Congregation, 1506 Wreath Ave., Manhattan, KS. For service and event information, call 539-8462.
 - Catholic religion classes for children Kindergarten through Confirmation Class and RCIA for adults meet Sundays (except holiday week-ends), 10:30 -11:45 a.m. To register call 239-4815 or 239-4060.

- Catholic Teens meet Sundays, 6:30 – 8 p.m., St. Mary's Chapel, except holiday weekends and the fifth Sunday of a month. For additional information, call 239-4060.
- Strong Bonds Program for Building Healthy Soldier Relationships seeks to increase Soldier readiness by boosting skills in building and maintaining life-long relationships. Strong Bonds is the Commander's program executed by the unit chaplain, as lead officer, in collaboration with Community Health Nurses, Army Community Services, and Army Family Team Building. For additional information and training, contact a unit chaplain or call 239-3436, Family Life Ministries.
- Pre-Marital Classes sponsored by the Family Life Chaplain are held the first Wednesday of every month, 3 - 5:30 p.m. at the Family Life Ministries Center, 405 Pershing Ave. These classes are required before a chapel wedding can be performed. For additional information and to register for the class, call 239-3436.
- Chapel Youth. Call 239-0979, for current information regarding upcoming activities. Usually the Chapel Youth meet Sundays in the basement of St. Mary's Chapel. Grades 6-8, meet 5 - 6:30 p.m. and, grades 9-12, 6:30 - 8 p.m. If you are interested in working with Fort Riley youth, please call Don at the above number.
- Wounded Soldiers Outreach Support Group: Wounded Soldiers Outreach and Support Group (WSOS) meets monthly to provide wounded Soldiers and family members an opportunity to meet one another. The WSOS Group meets the first Tuesday of every month at Riley's Conference Center from 6 -8 p.m. For more information call 239-4375 or 307-9085 (cell).

Staff Judge Advocate

Plans, Analysis, & Integration Office (PAI)

Department of Emergency Services (DES) (previously Provost Marshal Office (PMO))

- The PMO is now known as the Department of Emergency Services (DES). DES phone is the same, 239-MPMP (6767).
- SSG McCarthy is the Civil Liaison, Community Police Officer at DES, 239-2226.
- The Military Police School Resource Office at the Fort Riley Schools will be the point of contact (POC) of any incident on school grounds.
- The Military Police Bike Patrols will resume duties around April 2007.
- The Civil Liaison Officer has already started planning for National Night Out on Aug. 7, 2007. If you would like to volunteer to help with National Night Out, call 239-2226.

Picerne Housing

Public Works

Installation Safety Office (ISO)

G1/Army Career and Alumni Program (ACAP)

G3/DPTMS

Veterinary Services

FORSCOM Family Readiness Group Assistant Program

American Red Cross

- The American Red Cross at Fort Riley is looking for volunteers to assist with the January and February Outbound Deployment Canteen. We are looking for volunteers to assist with

set up, making coffee, serving donated food and take down at each canteen." Call 239-1887 to obtain the time and places of the Outbound Canteens.

- The American Red Cross has Cook Books for sell. The cost is \$25.00 each. Come by our office at The Soldier and Family Support Center on Custer Hill to get your copy. They make great birthday gifts for the family cook.

Boy Scouts

- To join, contact 238-5684 for more information.
- The Boy scouts web page is located at Coronadoscout.org. Current scouting information can be found there.

Girl Scouts of Kaw Valley

- If you are interested in being a Girl Scout leader or a Girl Scout please contact 800-432-0286 ext 44. We are always looking for Adult Leaders and volunteers to help out with the Service Unit Team Meetings.
- The Girl Scout website is <http://www.girlscouts.net/> where many other events can be found.
- We are always looking for adult volunteers to help with special events if you are interested please contact 800-432-0286 ext 44.

Armed Services YMCA (ASYMCA)

• Take advantage of our childcare programs, while your children are enjoying there day with fun filled learning activities, and socializing with other's you are able to take time for yourself knowing your children are safe, and well cared for. Please contact the ASYMCA for more information.

**** Reservations are required one week in advance for all childcare programs. ****

- Parent Day Out Program's
 - Monday thru Friday 11:00 AM-3:00 PM
- Friday Night Out
 - Fridays 5:30 PM – 10:00 PM
 - You must provide a sack lunch or dinner and a snack for your children.
 - \$7.50 1st child
 - \$8.25 for children under 2
 - \$6.75 per additional child
 - \$7.50 per additional child under 2
- Parent's Work Out: A new and exciting program that gives parent's the availability to go to the gym, knowing that their children are being well cared in a safe environment.
 - Monday through Friday 8:30-11:00
 - Please provide a snack for your child
 - \$2.50 1st child
 - \$1.75 Per Additional child
 - \$3.25 Children under 2
 - \$2.50 Per additional children under 2
- Free Deployment Child care: A new and exciting program the ASYMCA is now offering free childcare to those families of deployed soldiers. Please contact us for more information at 238-2972. Program runs on Saturdays from 1:00 to 4:00 pm.
 - January 13th & 27th
 - February 10th & 24th
 - March 10th & 24th
 - April 14th & 28th
 - May 12th & 26th
 - June 9th & 23rd

--All childcare program prices are for the entire program this is not an hourly rate.

- The following locations are available for transportation:**

- Appointments: Please call 24 hours in advance at 762-4780 to schedule a pick-up.**

Where: Courtyard Marriot Convention Center in Junction City.

When: Thursday, February 15 at 11:30 a.m.

Menu: A Bistro Buffet including a garden salad, assorted Gourmet wraps and Bistro sandwiches, and chips. Cheesecake dessert and iced tea, coffee, and water all included for \$15.00.

The Shoppe

Commissary

Army and Air Force Exchange Services (AAFES)

The next Community Action Council (CAC) will be held at

Friday, February 23, 2007 at 1000

Riley's Conference Center

Fort Riley, Kansas

"America's Warfighting Center"

(The CAC previously announced for February 21 has been re-scheduled due to the National Prayer Day Activities. See schedule below.)

Announcements for the next "Riley Bugle Call" are due by COB February 12, 2007, by email to the SFSC Chief, or delivered to building 7264. If you have any questions call the SFSC Chief at 239-9435.

Up coming CAC meetings:

February 23 10:00am

March 21 10:00am

CAC will not be held in April 2007.